## Sample Walking Program

Not sure how often to walk or for how long? No problem. Use this walking program as your guide and then adapt it to your needs. Remember to also do strengthening activities each week and to warm up and cool down by walking slowly for 5 minutes before and after walking briskly.

|  |  | Pace | Time Each Day | Number of Days | Total rime For the Week |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Month 1 | Week 1 | Slow | 10 minutes | 4 days | 40 min |
|  | Week 2 | Slow | 10 minutes | 4 days | 40 min |
|  | Week 3 | Slow | 15 minutes | 5 days | 1 hr 15 min |
|  | Week 4 | Slow - Brisk | 20 minutes | 5 days | 1 hr 40 min |
| Month 2 | Week 5 | Brisk | 30 minutes | 5 days | 2 hrs 30 min |
|  | Week 6 | Brisk | 25 minutes | 6 days | 2 hrs 30 min |
|  | Week 7 | Brisk | 30 minutes | 5 days | 2 hrs 30 min |
|  | Week 8 | Brisk | 35 minutes | 5 days | 2 hrs 55 min |

It is good to start slow and for at least 10 minutes at a time.

Pick up your pace after a few weeks.

Need some help getting started? Try these tips:

- Walk with a friend. You can motivate each other to do it each week.
- Walk when you have a break in your day. This might be during lunch, after dropping the kids off at school, or at the end of your work day.
- Track your time and progress to help stay on course.

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